

CLARKE COURIER

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Clarke College, Dubuque, Iowa

October 21, 1985

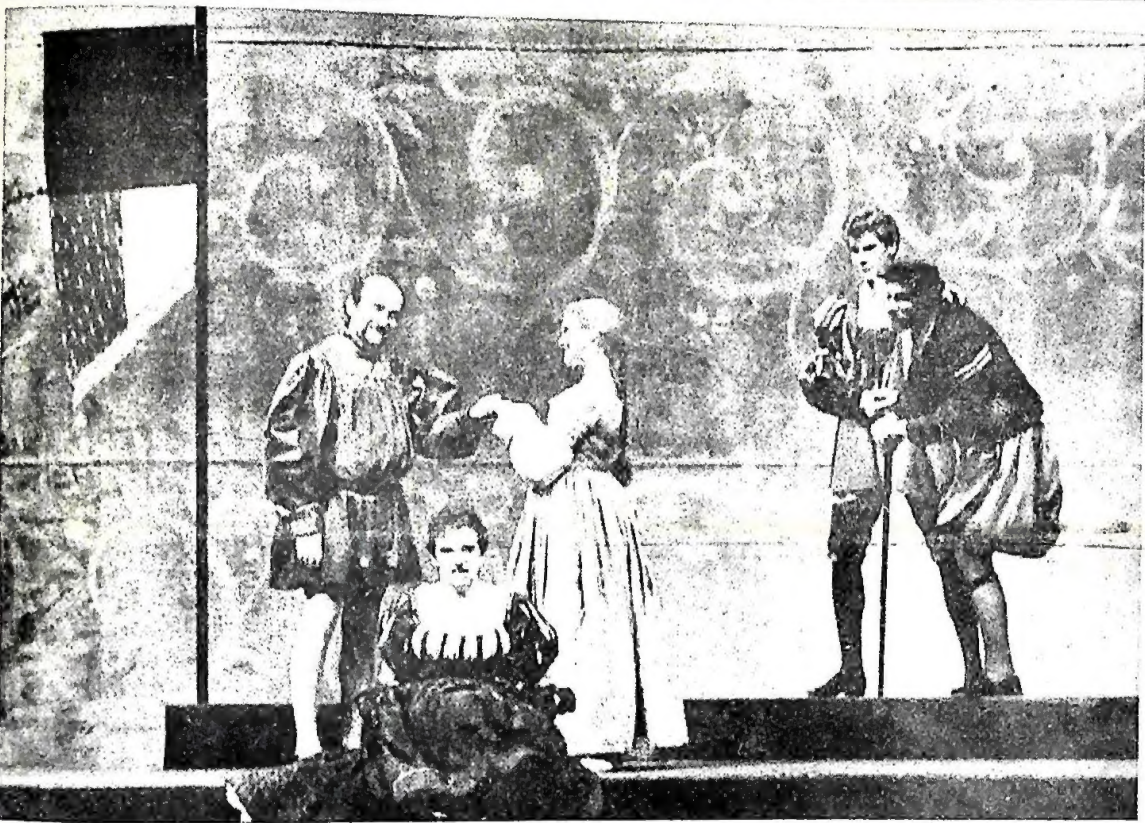
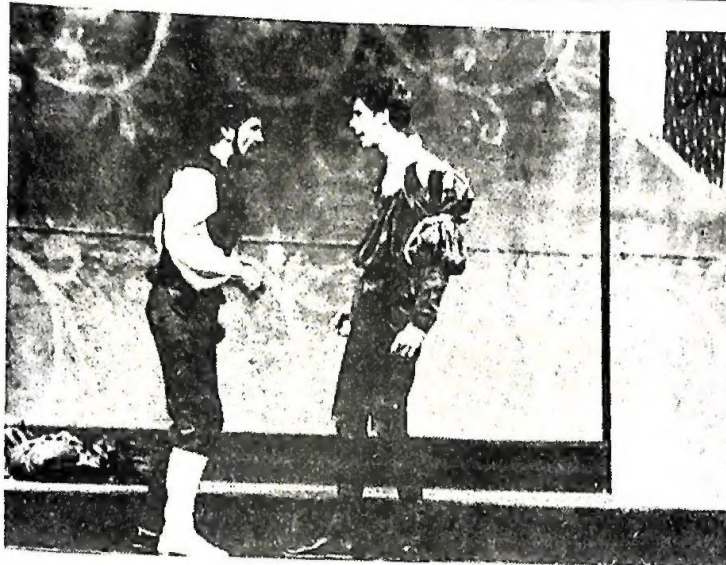
The Taming of the Shrew

The drama department's production of "The Taming of the Shrew" was performed Oct. 17-20.

The play relates what can happen when two people are faced with the age-old problem of the male and female conflict.

The hero of the play, Petruchio (top left), played by Tim Porter converses with Hortensio, played by Doug Rodman, on the best way to win his love.

Meanwhile, Bianca (bottom center) flirts with Baptista, played by Hank Golstein, as Katherina, played by Monica Lyons, scowls at their feet.



Recruiting activities top Clarke's priority list

by Kathy Scherrman

Have you been wondering what's going on in the admissions office? What areas of the campus are perspective students seeing? What geographical areas is Clarke recruiting from? Who is the new admissions counselor?

According to Becky Reding, Admissions director, perspective students see everything on the campus during campus tours.

"They see lounges, the library, the post office, the bookstore and the chapels," said Reding. "Admissions even has mock dormitory rooms set up in Mary Josita and Mary Benedict, so they can see what one looks like." Guests see actual student rooms, also.

Tours go through the administration hallway and each office is explained.

"We also go past the construction area, look at the plans for the new buildings and talk about them," Reding said.

The tours also include the PAC, theatre, and union. The soccer field and tennis courts are pointed out, and if the student is interested in a particular sport, the coaches will talk to him or her.

All of Eliza Kelly is shown, and especially the view from the third floor art studio. In CBH, the tour includes: the nursing lab, language lab, biology and chemistry labs, the skills center, I.R.C., and computer center. The greenhouse and the planetarium are shown when possible.

Perspective students are given the chance to talk to a department member and sit in a class. They also talk to a person in the financial aid office and to an admissions counselor. If they want to spend the night, a student host or hostess will accommodate them.

All tours are given by students. "The tour guides are hand selected volunteers who will represent a positive image of Clarke," said Reding. "Some of the tour guides are admissions workstudy students."

"One student, Cindy Errthum, sets up most of our tours," said Reding. "She arranges appointments with faculty and finds guides."

Reding also commented on the upcoming exploration weekends. Some of those include: Oct. 31-Nov. 2, biology, chemistry, business, computer science, and math; Nov. 7-8, nursing and health science exploration; Nov. 14-16, human services and social sciences; and Dec. 6-8, ISLI-International Student Leadership Institute.

The areas that Clarke has been recruiting from include: all of Iowa; Minnesota as far north as the twin cities; Illinois; especially Chicago and south to Peoria; St. Louis and Kansas City, Mo.; and Omaha, Neb.

"Two new areas that are being recruited are Denver and Arizona. There are students here from those areas," commented Reding.

The new face in the admissions office is Julie Vanhall.

Vanhall is most recently from Michigan. She graduated from Central Michigan University with a major in Spanish and a minor in business.

Vanhall is originally from Colorado. She attended Central College in Pella, Iowa for one year, also.

She says that attending both a small college and a large university has its advantages. "There's better academics at a small college," Vanhall said. "Classes at a small college are better structured and more challenging."

Vanhall is happy with attending a small college and then transferring to a large university. But, if she had to do it over, she would want to attend a small college in a larger town. "Pella had a population of about 8,000, and the college enrollment was 1,500, so it was really small. Dubuque is an ideal setting," she said. "There's more to do, plus two other colleges."

Vanhall is happy with her job at Clarke. "At first I thought it would be hard because I wasn't a Clarke graduate and it was difficult to learn some things," she said. "But Clarke has a good reputation; good students, faculty and staff. I really like working here."

Vanhall has been married for two years. Her husband attends Wartburg Theological Seminary.

Academic changes announced

by Kathy Wieland

Clarke's academic program is for every student in every major and includes a set schedule of activities and requirements for students who haven't decided on a specific field of study.

Louise Ottavi, assistant academic dean, works on student related matters in all areas of the students' academic life and surroundings. She works with S. Margaret O'Brien, vice president of academic affairs, to establish student policies and adjust students to the policies.

Many upper classmen may remember declaring a major when they decided to study in a certain department at Clarke. Last year, however, the Educational Policy Committee changed the format of declaring a major by writing up an application that students must fill out to apply for entry into a department.

The department must accept a student before the student is encouraged to seek a degree through the department. Prior to filling out an application, a student must have at least 30 credit hours and a grade point average of 2.00.

If a student has met the following requirements, they must then meet the department's specific course requirements. The Clarke College catalogue lists all course requirements needed before an application is accepted.

The Office of Academic Affairs has also made a change concerning students whose major is "undecided." The office and catalogue now refer to those students as "exploratory students."

"The term holds a more positive attitude for those students who haven't made a decision," said Ottavi.

Ottavi is kept aware of all exploratory students through their academic advisors. If a student, in his/her second semester of sophomore year or beyond 30 credit hours hasn't made a decision on an area of study, he or she is assigned to a specific advisor who is in a department that the student wants to explore further.

If the student still has no idea of an area to study, he or she is then assigned to see S. Elizabeth Ann Coffey, who advises most exploratory students.

These students attend workshops that the academic affairs office offers to everyone. The workshops help students in decision making and, after a decision is made, the office personnel help the students apply their decisions to a specific goal or department.

Ottavi makes sure that all students have an academic advisor and that no one has unattended questions.

"I want everyone to succeed," she said. "Clarke provides an environment and service to everyone. Not only do I like to see everyone have a good life at Clarke, but a good life after Clarke as well."

Career Day, which is held annually, also helps students to decide what area that they would like to study and how they want to apply their education to the job field.

Employers attend Clarke for one day to answer questions about how their organization is run and what characteristics they look for in an employee. Career Day allows students to hold open conversations with major employers of the job market.

Clarke College will commemorate the late S. Mary Kenneth Keller, founder of the computer science program at Clarke while also designating the program's 20th anniversary.

Clarke is celebrating the event Oct. 26 and 27.

Keller died in January of 1985 at the age of 71. She was nationally known for her expertise in teaching, writing and consulting in the computer science area.

In 1958 she began her study in computers at Dartmouth College, doing research. That research eventually evolved into the universal language of interactive computing called, "BASIC."

Keller was the first person to receive a PhD in computer science from the University of Wisconsin-Madison in 1965. She founded a computer science department later that

year at Clarke. Clarke became one of the first small colleges to have a computer science program in the country.

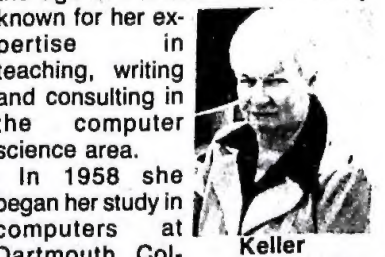
Two noted computer scientists will be featured speakers at the symposium. John Jackobs, registrar and computer center director at Coe College, will speak on the future of computers at 8:30 p.m. on Saturday.

William Dorm, professor of computer science and mathematics at the University of Denver will speak on computing ethics at 1:30 p.m. on Sunday.

Both events will be in Terence Donaghoe Hall and are free to the public.

On Saturday, a cocktail party will be held in Gallery 1550 in Mary Josita Hall at 6 p.m. At 7 p.m. a fundraising dinner and tribute to Keller will be in the student dining room in Mary Josita Hall.

Proceeds from the cocktail party and dinner will be used as part of the Iowa College Foundation Computer Challenge matching program. For every \$2 raised, ICF will award \$1 toward the scholarship.



Keller

S. Kenneth to be honored during symposium

by Mark Schechinger

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On Sunday at 10:30 a.m. a memorial liturgy will be held in Keller's honor in Alumni Lecture Hall. At 11:30 a.m. a brunch is planned in the student dining room in Mary Josita Hall. From 11:30 a.m. to 1:30 p.m. an open house will be at the computer center.

An academic scholarship in Keller's name will be established from the symposium proceeds. The Association of Small Computer Users in Education, a group Keller helped found, is challenging other professional organizations to help endow this scholarship.

'Town Hall' meeting

A "Town Hall Meeting" will be held for all students Wednesday, Oct. 23, at 6:30 p.m. to discuss proposed revisions in the general education program here at Clarke.

The Educational Policy Committee will work on the changes or restructurings of the area program after all responses are received.

Editor's Comment



by Rosemary Grimm

To all potential Courier staff members (which means just about every reader):

I have heard that there are writers, reporters and layout designers waiting to join the Courier staff, but they just don't know how to go about making the "big step."

In this week's column I hope to explain how to join the staff and what we do.

The publication lab is located in Room 303 CBH; everything happens here. The staff meets there on Tuesdays and pastes-up the paper there on Thursdays.

Our typesetting equipment, grids, rulers and X-acto knives are all stored in this room.

The room is equipped with 11 light tables and eight typewriters for the staff's use.

Tuesdays and Thursdays are the two days in the week when the staff gets together. Following is a run-down of these two important days in the life of a Courier staff member:

Tuesdays, 11:40 a.m.; Our Courier staff meetings:

During this meeting, we first discuss the previous week's paper.

Mike Acton, Courier advisor, praises or punishes us at this time. The staff decides improvements to be made in the paper or brings up any complaints they have heard from other people.

Secondly, I assign articles to people who have expressed an interest in reporting/writing. The completed articles are two-three double spaced typed pages due the next Tuesday.

I adjust assignments to meet the writers' skill and style. If a writer has a specific interest, he or she is welcome to submit an article on that area.

Thirdly, we decide who will typeset for the week's issue. Typesetting is easy. Do you know how to type on a typewriter? Yes! Then for you a typesetting machine shouldn't be that hard to adjust to.

Typesetting times are Tuesday and Wednesday afternoons and evenings.

Finally, I collect articles assigned the previous Tuesday.

Thursdays, 2 p.m.-completion; Production day:

By Thursday, all the copy is typeset and ready to be pasted up on the grids so it can go to the printer.

In typesetting, however, mistakes can be made, and we can always use proofreaders. Proofreading is simply reading the typeset copy slowly to check for errors in grammar and/or spelling.

The next step in the production of the newspaper is a bit difficult, but something that everyone on the staff was new at during one point or another.

We must decide what articles will appear on what page and where on that page they will appear. (Did you

get all that?)

Once the general appearance of the page is decided upon, the copy must be carefully cut to fit those spaces. Photographs are now selected and placed with their article.

Captions are placed under each photo and headlines are put with articles; and the newspaper is finished for the week.

Actually that is a brief summary of Thursdays because things don't always go as easily as I made them seem in this article. You do get the general idea, however.

Many people worry because they do not have the experience. If you are willing to learn, what is the problem? Most of the things we do are modifications of what you already know (such as with typesetting or proofreading).

If you have done this type of thing before in high school or at a job, it won't be difficult to adjust your skills to help with the Courier.

Time also is a big factor in all of this. Again, don't worry about it. I assign one article a week which will require an effort on your part, but definitely not cut into your social life or study life too much.

On Thursdays I do not expect anyone to stay the entire time. Two hours will greatly help the staff. If you give more, we'll throw in your own light table!

Our next meeting will be tomorrow, Oct. 22. I encourage you to stop by and check us out. Don't feel you must commit yourself totally just after one meeting. You don't.

If you are unable to make the meeting, please talk to me at another time. My extension is 743.

Joining the Courier, then, is not such a "big step" after all.

Think positively, you will survive



Humorize

by Mary and Elle

It's official. We can honestly say we've survived another half of a half of a year of school at Clarke. Midterms are over and it's time to begin taking school a little more seriously.

Remember last year when the "all nighter" meant spending the night with a couple of pots of coffee and your typewriter?

Just think how good it would feel to get those five pounds of ink splattered on ten pounds of paper in a logical sequence...and early, too? Holy cow, can you imagine that?

Remember last year when you didn't worry about the less-than-passing grades, figuring you were still "getting a feel" for the professor's exams? Well, let us tell you grades don't generally just magically rise because midterm's over. It's time to get your rear in gear and study.

There's several reasons why it would be brilliant to get caught up on your work now. For instance, there will be plenty of time to sit back, relax and enjoy your Thanksgiving break (you'll certainly have something to be thankful for!)

It will also mean you'll have time to go Christmas shopping.

You should think positively. You've already survived half of a half of a year at Clarke. If you've made it this far, chances are you'll survive the next nine weeks.

Letter to the editor

Dear Editor:

The information contained in the lead story on Clarke's Title III grant (Oct. 14) was obtained and given hastily, and thus, has been presented in a slightly misleading manner. Clarification is necessary from this office.

First, the Title III Special Needs grant applied for in April 1982 was a four-year grant. Although the amounts of money applied for and awarded are done so each year, the grant is the same one. (Clarke had an SDIP Title III grant in 1981-82, but these are the only two Clarke has received.)

The special objectives as originally envisioned in 1982 continue each

year, with the programs designed as one-, two-, three-, or four-year programs. While the management information system development and the acquisition of administrative equipment has been very important to the college, one activity which was not mentioned in the story has had a significant and lasting impact on the college.

I refer to the amounts of grant money funneled into career-related programs: Business, Communication, Computer Science, and Nursing. All of these academic programs have benefited from the hiring of faculty, the bringing of consultants, and the professional development of faculty.

Acquisition of massive amounts of audiovisual, computer, and other equipment for faculty and students use, and educational materials and supplies such as books, journals, videotapes, and catalogues have given all these programs further depth in content and provided wider possibilities of educational enrichment for students at Clarke.

While the administration has benefited greatly from two of the Title III activities during the course of this grant, I would like to emphasize that three of the activities were directly concerned with academic programs and services to students, and that this grant has affected the entire Clarke community. Amounting as it has to almost a million dollars, its importance to Clarke should not be minimized.

Jeanne Pitz
Title III Coordinator

Commando is 'chock-full of problems'



by Mic and Field

Here we are once again in our space, the frugal frontier. This week on the frontier, we meet up with Arnold Schwarzenegger as "Commando" in the movie bearing the same name.

The plot follows thus: John Matrix, former colonel of the special force unit, B.F.D., seeks to foil a group of terrorists and rescue his kidnapped daughter.

"Commando" is brought to you by 20th Century Fox. From a screenplay by Steven de Souza, this movie is directed by Mark L. Lesler. "Commando" is rated R due to violent actions incited by all. Now for our opinions:

Mic:

Although I enjoyed the movie "Commando," I would not classify it as a "good" movie in any sense of the word. Occasionally the script is visited by tasteful elements, but these visits are few and far between and therefore fall short of any worthy merit.

"Commando" follows in the long line of ever popular underdog tales of revenge and heroism. Did I say underdog? Schwarzenegger is anything but an underdog, and Matrix, the character he portrays, is nothing less than a dozen green berets with a cause. And yes, "Commando" is violent. No getting around the point.

"Commando" is as graphic as the next in its line, with an addition of twists to the fight. This movie has everything from machetes to radial arm saw blades, used in the most

creative ways. Please leave the kids, younger brothers and sisters at home for this one.

Acting? No. Schwarzenegger is as credible as always. Any chance of sincere emotion within a scene is smothered by overkill. A good example of this is the opening scene which is designed to exemplify all the love that Matrix and his daughter have for one another. The director tends to beat the audience in the head rather than gently suggest their relationship.

The one redeeming quality that made the movie enjoyable for me was its witty humor. Although it too was overdone, it gave a sense of satire to the film. I found myself laughing throughout.

When it comes right down to it, "Commando" might be worth a ticket to the Grand. When I stopped laughing, it gave me a sad outlook on the American movie industry and our violence ethic.

Field:

In my opinion, it is important to have some knowledge of a filmmaker's intent before you see a movie. You don't go to see "Terms of Endearment" for example, expect-

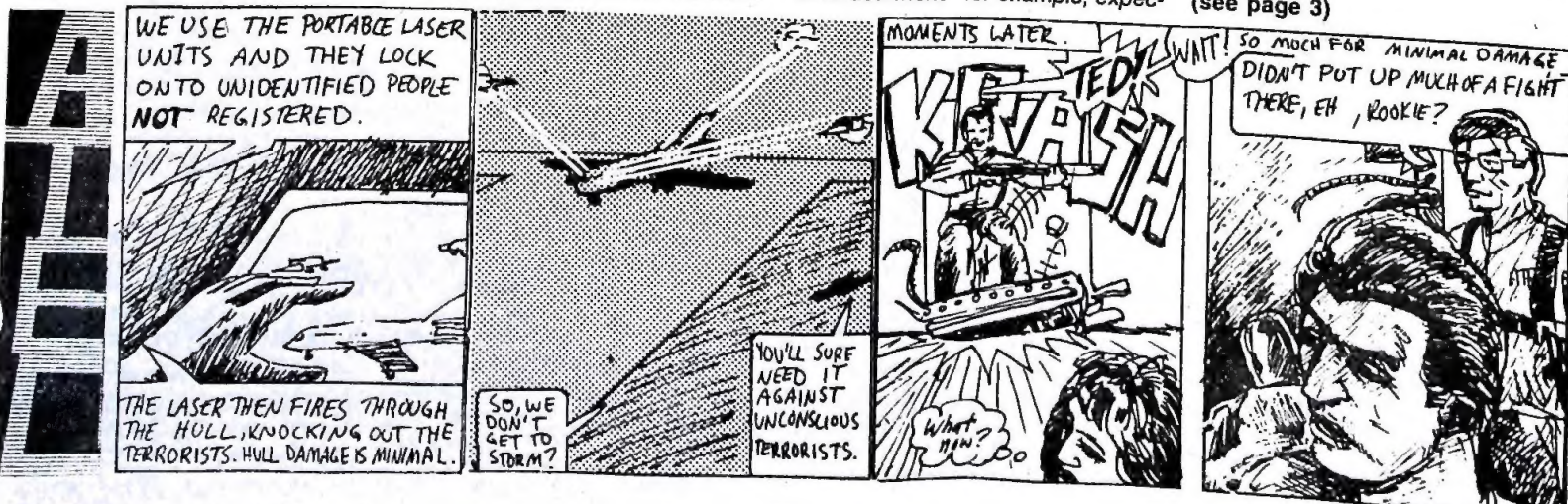
ing to roll in the aisle every five minutes. The creators of "Commando" obviously intended this to be a violent adventure film. Well, one out of three isn't bad; violent, yes -- adventure and film? I'm not so convinced.

This movie was chock full of problems even when you do acknowledge its superficial intent. The plot was so simple and childish that it was ridiculous. The story line seemed more suited to an hour-long segment of the "A Team." Even its contemporary, the infamous "Rambo," had twice as many plot intricacies.

As for the acting, what can I say but Arnold Schwarzenegger. He delivered nearly every line with the same dead pan lack of emotion he has become famous for.

He makes a great machine, as he proved in "The Terminator." As for a warm, feeling and compassionate father saving his only child, I think he has a long way to go. Fortunately, he was supported by an equally mediocre cast so the atrocious performance didn't stand out that much.

(see page 3)



October 21, 1985

Homecoming weekend a success



The theme of this year's Clarke-Loras Homecoming was "The Main Event." Seniors Renee Soto and Anne Skoglund chaired the event.

The weekend was kicked off by a carnival dinner in the dining room on Thursday, Oct. 17 (top, left). Larry James, (left) head of Clarke's food service clowns around with Anne Lee, Phil Manning, Katie Jacobson, Michelle Boudreau and Patty Roth.

The Clarke-Loras parade took place downtown on Friday, Oct. 11. The Homecoming Court rode in one of Dubuque's trolley cars.

Seniors Tim Heller and Barbara Cartwright (bottom left) were nominated king and queen.

Other members of the court included Monica Lyons and Paul Ludick, representing the seniors; Penny Rogers and Dave Kriegshauser representing the juniors; Brenda Ries and Dave Scharf representing the sophomores; and Kelly Hoyer and John Ward representing the freshmen.

Clarke entered five floats in this year's parade. The senior float (bottom right) was built on the theme "Our Main Event-Graduation."

Judy Heying (left), Renee Soto, Julie Heying and Renee Herber

preceded the Heyings' car, which was decked out in a black mortarboard and crepe paper.

The nurses' float won the parade contest. They had a huge syringe pointing at a football player's rear as he hung over a goal post. Their slogan was "Nurses call the shots."

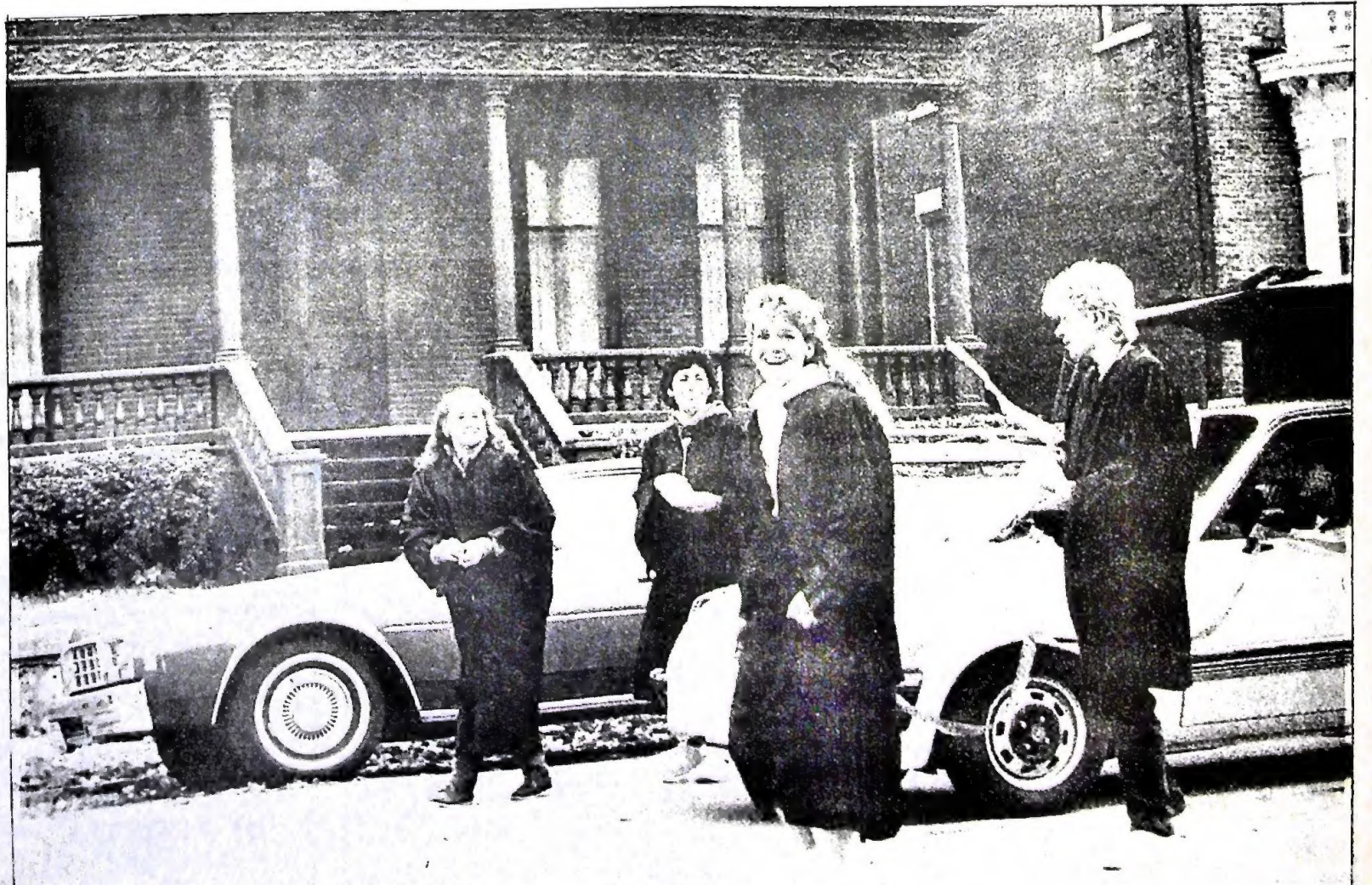
S. Marguerite Neumann, Clarke's grand marshal, rode in a red convertible.

On Saturday morning, Joan Schneider Kershner (bottom) was named recipient of the Clarke Distinguished Alumnae Award at the alumni luncheon by S. Catherine Dunn.

Kershner, a 1945 graduate, is director of the Columbia Veterans Hospital. She was chosen for the award by a popular vote of Clarke's 5,600 alumnae.

On Saturday afternoon, the Clarke soccer team played Loras at Loras' Rockball. The final score was Loras over Clarke, 1-0.

The Homecoming dance was Saturday night at the Five Flags Civic Center and the Julien Inn. The Paul Hemmer Combo and Scorpio Productions played at Five Flags. A live rock band played at the Julien.



...Feels for Reels

Perhaps the part that bothered me the most was the overwhelming amount of violence. Now, I like a little well placed blood and guts as much as the next person. The violence in "Commando," however, was too repetitive. After a while it felt like I was seeing the same person being killed in the same way time after time. The violence didn't move the plot along or add any excitement toward the end.

If this film had a strong point, it would be in its humor. I sat back and really laughed at the melodrama of some of the lines. I also laughed at the well placed intended humor. Parts of "Commando" were truly funny, but you can only laugh so long when people are being blown away left and right.

Overall, I would rate "Commando" a sure miss. I would maybe pay 99 cents if I went with a bunch of friends to laugh at it. This is not a winner.

This brings to a close our first complete triad of cinematic critiques. Remember our space should in no way be a final judgement for viewing. However, vision requires sight.

Until next time, keep your hands to yourself.

Jeanne Pitt
Title III Coordinator

CLARKE COURIER

The Courier is published weekly during the school year except during breaks and examination periods by the students of Clarke College. The Courier is a member of the Intercollegiate Press Association.

The Courier welcomes any comments or letters to the editor. All letters must be signed. The editor reserves the right to refuse letters when necessary and to refuse letters unsuitable for publication. All correspondence should be addressed to the Courier, Box 157, Dubuque, IA 52001.

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I say... He... with the... ion he... as he... for a... ionate... ely, he... qually... of his... t that

MAKE
FIGHT



Dubuque Currents

On Oct. 25 at 8 p.m. turn down the wick in the kerosene lamp and prepare for the goosebumps and shrieks of an intimate visit to the den of one Edgar Allan Poe.

Theatrical brilliance and chilling mystery of Poe's own words live again in a superb impersonation by actor Steve Abolt in St. Joseph's Auditorium, Loras.

The honorable Marshall Wiley, former ambassador to Oman, will be among the lecturers at "The Contemporary Arab World," a workshop for elementary and secondary school teachers, to be held Saturday, Oct. 26, at the University of Dubuque.

The free one-day workshop offers substantive lectures and ideas for curriculum development on topics of current interest in the Middle East. Experts in the field will be on hand to share ideas and experiences.

The workshop will begin at 8:30 a.m. with registration and coffee.

To register for the workshop or for further information contact Office of International Studies, University of Dubuque, 589-3507.

Drama Department holds auditions for second production

by John Kemp

The Clarke drama department will hold auditions for "The Diviners," the second production of the theater season, on Oct. 22, at 8 p.m. in Terence Donaghue Hall.

The play, winner of the American College Theater Festival Award, is the story of Buddy, a disturbed young man and his relationship with C.C. Showers, a disenchanted preacher.

The play is set in the post-depression years of the 1930's in a small mythical town in Indiana. "The character of Buddy almost drowned when he was a very young boy. Because of that incident, and the fact that his mother did die, Buddy is deathly afraid of water," said director Timothy Porter.

When the ex-preacher comes to town, he is set on breaking away from a long line of preachers in his family. He is determined not to associate with the church, but the town doesn't have a preacher and the women want him to preach to them. They try to persuade him to preach, and he tries to persuade Buddy to wash himself.

Porter believes the character of Buddy is truly fascinating, because of his fear of water as well as the way in which he speaks about himself in the third person.

"Buddy is deathly afraid of any water, but strangely enough he carries around a diviner's stick to detect water. Thus, the play gets its title," he said.

"The play is a portrait of confusion and every character in the play is confused," said Porter.

"The Diviners" will be presented on Nov. 21-24, at 8 p.m. in TDH.

Fitness can be dangerous to your health

By Marie Parthun

We are bombarded daily by nutrition proclamations and conflicts about food and health. Parents, peers, papers and television all promote their versions of "the key" to good nutrition.

tons of fiber and end up spending half their lives in the bathroom instead of the great outdoors like they're supposed to as health freaks.

They eat dozens of anything that says granola. They insist on eating food that tastes terrible-carob, tahini

to any sort of normal eating. They are either drastically cutting down or pigging out.

Trying to eat three meals a day for them would be impossible. They never feel quite normal unless they are on some diet. Usually ones like The Grapefruit, Scarsdale or Eat All The Chocolate You Want And Be Thin diets, or they are "wickedly" breaking one.

Their metabolisms are freaking out from dieting and it would take them about a year of normal eating to get their bodies back to a metabolic balance.

Processed People

Some people don't even care if and when they eat. When they do eat they choose processed food and just shove it in, not wondering what new chemical is festering in their stomach lining as a result (these people are usually into Antacids).

Junk is what they think is good because it's fast, here and on TV. They like instant mashed potatoes, hot dogs, bologna and Velveeta on white bread, tons of ketchup, coke, donuts and fries.

They hate stuff like raisins, vegetables, grapefruit, yogurt and anything else that seems like it might be suspiciously good for them.

You can easily pick Processed People out because they will eat only Cheese pizza with nothing else on it. Usually on the thin side, they are pale and sickly looking everyday.

Lustos for Gusto

Lustos like everything. They love food of any kind, anywhere. They prefer stuff they can sink their teeth into like triple layer sandwiches, whole cakes, rows and rows of crackers and bean dip.

These people have a problem besides their obvious weight, and can usually benefit from trained help. Obesity is a sure road to premature aging, disease and death even

though by eating everything you can't hardly miss getting the proper nutrients.

Too Thin — Too Bad

The Too Thin-Too Bad people are in the bathroom along with the Nutrition Junkies, but they are throwing up. This is because they are not satisfied with their bodies and have resorted to this bizarre pattern of eating and purging to keep it in check. They want to be too thin.

This is too bad because they are seriously harming themselves physically - usually irreparably. If you are in the binge/purge syndrome, or if you make yourself throw up at all, you need to ask yourself if you are happy with this behavior.

I've heard a lot of people say they would love to be anorexic and starve for days and weeks. Would you really want to have thick hair growth on your face and body, grey skin, constant preoccupation with food every second of the day and hair that is dull and falling out?

Just because there are many anorexics and bulmics does not make this behavior all right. These behaviors are bizarre and result in terrible psychological and physical afflictions that may result in death.

Sweet Teeth

Sweet-teeth eat Suzy Q's, chocolate milk and M&M's for breakfast. They don't feel good unless they have had sugar within the last two hours.

Sugar addicts have a tough habit to break. But once they go through the sour withdrawal state, they become their natural sweet selves.

The Personal Growth Center has many pamphlets dealing with diet and nutrition. Stop by and look at them.

The Center is located in Room 118 MJH and is open from 11-5 Monday, Tuesday, and Thursday.

Personal Growth



Center



As a result, we become mixed up in the process, actually sacrificing health sometimes instead of achieving it. Why? Because we're too conscious of living up to what everyone thinks good health should be. Sometimes we just don't care about what we put in our bodies.

Do you recognize yourself in any of the following?

Nutrition Junkie

They swallow any advice about nutrition and consequently swallow quarts of vitamins, raw eggs, soy burgers, bran (every 2 hrs.) and tofu (every 2nd day at 12:30). They eat

yogurt and roasted dandelions.

They think they are cool because they throw around their own little catch phrases like "Don't panic - go organic." Sometimes these junkies become healthy, but usually they become exhausted just keeping up with the "natural" pace. Or they go bankrupt buying natural jelly beans. Or they die from drinking unpasteurized milk.

Diet Crazies

Crazy for diets. Losing and gaining pounds a year. Why can't they ever do it? Diet crazy people never give their bodies a chance to adjust



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Program starts at 1:15 4:00 6:55 & 9:20 REMO WILLIAMS PG-13 The Adventure Begins... J.A. Preston Kate Mulgrew	Start at 1:05 3:10 5:20 7:20 & 9:35 EVERY MONTH, WHENEVER THE MOON WAS FULL... IT CAME BACK. SILVER BULLET R A PARAMOUNT PICTURE Starts at 1:25 4:10 7:00 & 9:30 A Murder. A Mystery Jagged Edge Glenn Close Jeff Bridges Peter Coyote
Starts at 1:20 3:20 5:15 7:20 & 9:25 SCHWARZENEGGER COMMANDO R DOLBY STEREO MICROFILMED DAILY AT 1:25 4:05 7:00 & 9:20 BACK TO THE FUTURE PG Michael J. Fox	Daily at 1:15, 3:25, 5:20, 7:20, 9:30 Agnes of God PG-13 Jane Fonda Anne Bancroft



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